

United States Department of Agriculture

HealthierUS School Challenge

Food/Nutrient Guidance

July 2005

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Examples of Dark Green/Orange Vegetables

- Acorn Squash
- Beet and Mustard Greens
- Bok Choy
- Broccoli
- Butternut Squash
- Carrots
- Collard Greens
- Dark Green Leaf Lettuces or Salad Greens, e.g. Mesclun
- Hubbard Squash
- Kale
- Pumpkin
- Romaine Lettuce
- Spinach
- Sweet Potatoes or Yams (Orange)
- Turnip Greens
- Watercress

Examples of Orange Fruits

- Apricots
- Cantaloupe
- Guava
- Mandarin Oranges
- Mango
- Nectarines
- Orange
- Papaya
- Peaches
- Tangerines

Good Sources of Vitamin C (at least 8 mg per serving)*

Food Item	Serving Size	Mg.
Asparagus, frozen, cooked, boiled	½ cup	22
Asparagus, frozen, cooked, boiled	4 spears	15
Broccoli, frozen, chopped, cooked, boiled	½ cup	37
Broccoli, raw	¼ cup	20
Brussels sprouts, frozen, cooked, boiled	¼ cup	18
Cabbage, Chinese (pak-choi), cooked, boiled	½ cup	22
Cabbage, cooked, boiled	½ cup	15
Cabbage, red, raw	¼ cup	10
Carambola,(starfruit), raw	¼ cup	9
Cauliflower, frozen, cooked, boiled	¼ cup	14
Cauliflower, raw	¼ cup	12
Coleslaw, school-prepared	¼ cup	10
Collards, frozen, chopped, cooked, boiled	½ cup	22
Corn, sweet, yellow, canned	½ cup	9
Cranberry juice cocktail, bottled	4 fl. oz.	45
Grapefruit sections, canned, light syrup pack, solids and liquid	¼ cup	14
Grapefruit, raw, white	¼ grapefruit	20
Grapes, red or green (Such as Thompson seedless), raw	½ cup	9
Kale, cooked, boiled, drained	½ cup	27
Kiwi fruit, (Chinese gooseberries), fresh	½ medium	35
Kohlrabi, cooked, boiled, drained	½ cup	45
Lemon juice, canned or bottled	2 T.	8
Lima beans, immature seeds, frozen, cooked	½ cup	11
Mandarin oranges, canned	¼ cup	12
Mangos, raw	¼ cup	12
Melons, cantaloupe, raw	½ cup	29
Melons, cantaloupe, raw	1/8 melon	25
Melons, honeydew, raw	½ cup	15
Mustard greens, cooked, boiled	½ cup	18
Orange juice, canned, unsweetened	4 fl.oz.	43
Orange juice, chilled, includes from concentrate	4 fl. oz.	41
Oranges, raw, all commercial varieties	1 medium	70
Papayas, raw	¼ papaya	47
Peaches, frozen, sliced, sweetened	¼ cup	59
Peas, green, canned, regular pack	½ cup	8
Peas, green, frozen, cooked, boiled	½ cup	8
Peppers, hot chili, green, raw	¼ pepper	27
Peppers, hot chili, red, raw	¼ pepper	16
Peppers, sweet, green, raw	¼ cup	30
Peppers, sweet, green, cooked, boiled, drained	¼ cup	25

Attachment B-1 continued

Peppers, sweet, red, raw	¼ cup	71
Peppers, sweet, red, cooked, boiled, drained	¼ cup	58
Pineapple juice, canned, unsweetened	4 fl. oz.	13
Pineapple, canned, juice pack, solids and liquids	½ cup	12
Pineapple, raw, all varieties	¼ cup	14
Plantains, raw	½ medium	16
Potato wedges, frozen commodity	½ cup	8
Potato salad, school-prepared	½ cup	13
Potatoes, white, baked	1 medium	17
Potatoes, hashed brown, school-prepared	½ cup	10
Potatoes, mashed, dehydrated, prepared from flakes without milk, whole milk and butter added	½ cup	11
Potatoes, mashed, school-prepared	½ cup	11
Raspberries, frozen, red, sweetened	½ cup	21
Refried beans, canned (includes USDA donated)	½ cup	8
Rutabagas, cooked, boiled	¼ cup	8
Sauerkraut, canned, solids and liquids	¼ cup	9
Soybeans, green, cooked, boiled	½ cup	15
Spinach, canned, drained solids	½ cup	15
Squash, summer, all varieties, raw	½ cup	10
Squash, winter, all varieties, cooked, baked	½ cup	10
Strawberries, frozen, sweetened, sliced	½ cup	53
Strawberries, raw	½ cup	49
Sweet potato, canned, syrup pack, drained solids	½ cup	11
Sweet potato, cooked, baked in skin	1 potato	29
Tangerines, (mandarin oranges), canned	¼ cup	12
Tangerines, (mandarin oranges), raw	1 tangerine	22
Tomatoes, raw chopped	½ cup	9
Tomato juice, canned	4 fl. oz.	22
Tomato products, canned, puree	¼ cup	13
Tomato products, canned, sauce	½ cup	9
Tomato soup, canned, prepared with equal	½ cup	33
Turnip greens, cooked, boiled	½ cup	20
Turnip greens, frozen, cooked, boiled	½ cup	18
Vegetable juice cocktail, canned	4 fl. oz.	34
Watermelon, raw	1 wedge	23

*For the HealthierUS School Challenge, a food with 8 mg. or more of vitamin C per serving was established as a good source since this is approximately ½ the NSLP target for this nutrient. It is assumed that the remainder of the nutrient will be provided from all other food items on the menu.

Adapted from USDA National Nutrient Database for Standard Reference Release 17

The Following USDA Recipes Provide at Least 8 mg or More of Vitamin C Per Serving

Recipe	Recipe No.	Vitamin C mg
Herbed Broccoli and Cauliflower Polonaise	I-18	38.8
Orange-Pineapple Gelatin	C-11	30.5
Broccoli Salad	E-17	30.3
Pork Stir Fry	D-39B	29.7
Stir-Fry (Chicken, Beef, Pork)	D-39	29.3
Beef Stir Fry	D-39A	29.2
Vegetable Lasagna	D-50	27.2
Marinated Black Bean Salad	E-21	23.7
Broccoli, Cheese, and Rice Casserole	I-08	23.5
Vegetable Pizza	D-30A	20.9
Beef Shepherd's Pie	D-43	18.4
Orange Rice Pilaf	B-21	17.7
Vegetable Chili	D-49	17.5
Lasagna with Ground Pork and Ground Beef	D-25A	16.5
Vegetable Wraps	F-09	16.5
Lasagna With Ground Beef	D-25	16.3
Thick Vegetable Soup	H-05	15.2
Orange Glazed Sweet Potatoes	I-13	14.6
Chili Con Carne With Beans	D-20	14.5
Ground Beef and Macaroni	D-22	13.9
Tabouleh	E-23	13.4
Vegetable Soup	H-04	13.3
Vegetable Stromboli	F-06B	13.1
Beef and Bean Tamale Pie	D-15A	12.3
Sloppy Joe on Roll	F-05	11.9

Beef Tamale Pie	D-15	11.9
Chicken or Turkey Tamale Pie	D-15B	11.9
Vegetable Quesadilla	D-52	11.9
Ground Beef and Spanish Rice	D-23	11.8
Chicken Vegetable Soup	H-04B	11.8
Beef Vegetable Soup	H-04A	11.5
Quick Baked Potatoes	I-17	11.3
Creamy Cole Slaw	E-06	11.1
Bean Burrito	D-12A	10.1
Chinese Style Vegetables	I-09	10.1
Pizzaburger on Roll	F-04	10.0
Pizza with Ground Pork Topping	D-31A	10.0
Beef or Pork Burrito	D-12	9.7
Beef or Pork Burrito (Using Canned Meats)	D-12B	9.7
Pasta Salad	E-08	9.6
Pizza With Ground Beef Topping	D-31	9.4
Potato Salad	E-09	9.2
Chicken Tomato Bake	D-41	8.7
Bean Taco	D-13A	8.6
Taco Salad	E-10	8.4
Sweet and Sour Pork	D-36	8.3
Beef or Pork Taco	D-13	8.2
Beef or Pork Taco (Using Canned Meats)	D-13B	8.2
Chicken or Turkey Taco	D-13C	8.2
Barbecued Beef or Pork on Roll	F-02	8.0

Definition and Examples of Offering Different Entrées or Meat/Meat Alternates

Different entrées or meat/meat alternates are defined as variations in form, texture, etc. and not necessarily different types of meat/meat alternate (beef, ham, chicken, eggs, fish, etc). Although beef is the common type of food in these examples, they are considered different entrées for the HealthierUS School Challenge:

- Meatloaf with Brown Gravy
- Hamburger on a Bun
- Lasagna

SFAs should be aware that offering different *types* of meat/meat alternate, such as pork, beef, fish, chicken, egg, dried beans, etc. as frequently as possible ensures that a variety of nutrients are consumed.

Refer to Frequently Asked Questions (FAQ) #5 on page 4 for further discussion.

Definition and Examples of Legumes (Dried Peas and Beans)

Beans belong to the family of plants called legumes. A legume is a plant that produces seeds in a pod (fruit) and may have the ability to fix atmospheric nitrogen. The term “dry or dried beans” includes varieties of beans other than green beans, string beans, baby green lima beans, and soybeans. Dried beans are available uncooked in sealed bags or pre-cooked in cans.

Beans are one of the most nutritionally complete foods available; they contain complex carbohydrates, protein, dietary fiber, folate, and other vitamins and minerals and are low in fat, and low in sodium.

Examples of dried peas and beans are:

- Pinto beans
- Great Northern or navy beans
- Kidney or red beans
- Black beans
- Lentils
- Garbanzo beans (chickpeas)
- Cowpeas
- Split peas
- Lima beans (dry, mature, such as large white)
- Black-eyed peas

Definition and Examples of Whole Grain Products

A whole grain food is one labeled as a whole grain product or with a whole grain as the primary or first ingredient in the product's ingredient label.

The local school review committee should review the ingredient list on the product's ingredient statement to determine whether a product meets the HealthierUS School Challenge criteria. A whole grain should be the first grain ingredient listed, indicating it is the *primary* grain of the product. For many whole-grain products, the words *whole* or *whole grain* will appear before the grain ingredient's name. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. Whole grains that are widely available in the U.S. are:

- Brown rice
- Bulgur (cracked wheat)
- Graham flour (coarsely ground whole wheat flour)
- Whole oats (oatmeal)
- Whole-grain barley
- Whole grain cornmeal
- Whole rye flour
- Whole wheat flour

You might also look for the whole-grain health claim—"Diets rich in whole-grain foods and other plant foods and low in total fat, saturated fat, and cholesterol may help reduce the risk of heart disease and certain cancers"—on food product labels. Foods that bear the whole-grain health claim must:

- Contain 51% or more whole grains by weight
- Be low in fat

For further discussion on whole grain products, review the *Frequently Asked Questions* document on the Team Nutrition website:

<http://www.fns.usda.gov/tn/HealthierUS/index.htm> .

Sources of Iron (at least .8 mg per serving)*

Food Item	Serving Size	Mg.
Asparagus, canned, drained solids	4 spears	1.3
Beans, baked, canned, plain or vegetarian	½ cup	1.5
Beans, baked, canned, with pork and tomato sauce	½ cup	4
Beans, black, mature seeds, cooked	½ cup	1.8
Beans, great northern, mature seeds, cooked	½ cup	1.9
Beans, kidney, red, mature seeds, cooked	½ cup	2.6
Beans, navy, mature seeds, cooked	½ cup	2.2
Beans, pinto, mature seeds, cooked boiled	½ cup	1.8
Beans, white, mature seeds, canned	½ cup	4
Beef, chuck, blade roast, braised	2 oz	1.8
Beef, ground, 80% lean meat/ 20% fat, patty, broiled	2 oz	1.4
Beef, liver, cooked	2 oz	3.5
Beef, round bottom round, braised	2 oz	1.5
Beets, canned	½ cup	1.5
Biscuits, plain or buttermilk, prepared from recipe	2-1/2" biscuit	1.7
Bread, cornbread, from recipe, made with low-fat milk	1 piece	1.6
Bread, mixed-grain (includes whole-grain, 7-grain)	1 slice	.9
Bread, pita, white, enriched	6-1/2" pita	1.6
Bread, pumpnickel	1 slice	.9
Bread, rye	1 slice	.9
Bread, wheat (includes wheat berry)	1 slice	.8
Bread, white, commercially prepared (includes soft bread crumbs)	1 slice	.9
Bread, whole-wheat, commercially prepared	1 slice	.9
Brussels sprouts, cooked, boiled,	½ cup	.9
Cake, gingerbread, from recipe	1 piece	2.1
Cereals ready-to-eat	1 cup	2 -22
Cherries, sour, red, canned, water pack, solids and liquids (includes USDA commodity)	½ cup	1.7
Chicken, broilers or fryers, breast, roasted	½ breast	.9
Chicken, broilers or fryers, dark meat, meat only, roasted	2 oz	.8
Chickpeas (garbanzo beans), mature seeds, cooked	½ cup	2.4
Collards, cooked	½ cup	1.1
Cowpeas, common (black-eyed, crowder, southern), mature seeds, canned	½ cup	1.2
Crackers, matzo, plain	1 matzo	.9
Fish fillet, battered or breaded, and fried	2 oz	1
Fish, catfish, channel, cooked, breaded and fried	2 oz	.8
Fish, haddock, cooked	2 oz	.8
Fish, tuna salad	½ cup	1
Fish, tuna, light canned in water, drained	2 oz	.9
Frankfurter, chicken or beef	1 frank	.8
Lentils, mature seeds, cooked, boiled	½ cup	3.3
Lima beans, immature seeds, frozen, baby or fordhook, cooked	½ cup	1.8
Lima beans, large, mature seed, dried, cooked	½ cup	2.2
Macaroni, cooked, enriched	½ cup	.9
Molasses, blackstrap	1 tbsp	3.5
Muffins, blueberry, commercially prepared	1 muffin	.9

Muffins, corn, dry mix, prepared	1 muffin	1
Noodles, egg, cooked, enriched	½ cup	1.3
Peas, green, cooked	½ cup	1.6
Peas, split, mature seeds, cooked	½ cup	1.3
Pizza, cheese, regular crust, frozen	1 serving	1.4
Pizza, meat and vegetable, regular crust, frozen	1 serving	1.1
Plums, canned, purple, heavy syrup pack, solids and liquids	½ cup	1
Pork, fresh, shoulder, arm picnic, braised	2 oz	1.1
Potato salad, school-prepared	½ cup	.8
Potato, baked, flesh and skin	1 medium	1.9
Raspberries, frozen, red, sweetened	½ cup	.8
Refried beans, canned (includes USDA commodity)	½ cup	2
Rice, white, long-grain or regular, parboiled, enriched	½ cup	1
Rolls, dinner, plain, commercially prepared	1 roll	.9
Rolls, hamburger or hotdog, plain	1 roll	1.4
Rolls, hard (includes Kaiser)	1 roll	1.9
Sauerkraut, canned, solids and liquids	½ cup	1.7
Soybeans, green, cooked	½ cup	2.3
Soybeans, mature cooked, boiled	½ cup	4.4
Spaghetti, cooked, enriched	½ cup	.9
Spaghetti, whole-wheat, cooked	½ cup	.74
Spinach, cooked, drained	½ cup	3.2
Strawberries, frozen, sweetened, sliced	½ cup	.75
Sweet potato, canned	½ cup	1.1
Sweet potato, cooked, baked	1 medium	.8
Tomato products, canned, paste	2 T.	1
Tomato products, canned, puree	¼ cup	1.1
Tomatoes, red, ripe, canned, stewed	¼ cup	.85
Tomato sauce for pasta, spaghetti/marinara, ready-to serve	½ cup	1
Tomato soup, canned, prepared with equal volume water	½ cup	.9
Tortillas, read-to-bake or fry, flour	1 tortilla	1.1
Turkey roast, boneless, light and dark meat, roasted	1 oz light and 1 oz dark	.93
Turkey, all classes, dark meat, roasted	2 oz	1.3
Turkey, ground, cooked	2 oz	1
Turnip greens, frozen, cooked, boiled	½ cup	1.6
Vegetables, mixed canned	½ cup	.85

* A food with .8 mg or more of iron qualifies for the HealthierUS School Challenge as a source of iron since this meets 20% of the nutrient target for school lunch (grades 4-12).

Adapted from USDA National Nutrient Database for Standard Reference Release 17

The Following USDA Recipes Provide at least 2 mg or More Iron Per Serving

Recipe Name	Recipe No.	Iron mg/serving
Tuna and Noodles	D-37	3.92
Sloppy Joe on Roll	F-05	3.74
Taco Pie with Beans	D-45B	3.62
Pizzaburger on Roll	F-04	3.58
Taco Pie with Salad Topping	D-45A	3.41
Barbecued Beef or Pork on Roll	F-02	3.40
Bean Burrito	D-12A	3.37
Ground Beef and Macaroni	D-22	3.32
Beef Taco Pie	D-45	3.28
Beef and Bean Tamale Pie	D-15A	3.26
Spaghetti and Meat Sauce	D-35	3.24
Ground Beef and Spanish Rice	D-23	3.10
Beef Stew	D-14	3.06
Tuna Salad Sandwich	F-08	3.02
Spaghetti and Meat Sauce (Ground Beef and Ground Pork)	D-35A	2.98
Breakfast Burrito with Salsa	J-02	2.95
Beef Tamale Pie	D-15	2.89
Vegetable Lasagna	D-50	2.86
Pizza With Ground Beef Topping	D-31	2.82
Beef Stir Fry	D-39A	2.73
Chili Con Carne With Beans	D-20	2.71
Vegetable Pizza	D-30A	2.68
Bean Taco	D-13A	2.67
Bean Soup	H-01	2.66
Lasagna With Ground Beef	D-25	2.65

Beef or Pork Burrito	D-12	2.62
Pizza with Ground Pork Topping	D-31A	2.60
Thick Vegetable Soup	H-05	2.58
Cherry Cobbler	C-06	2.58
Lasagna with Ground Pork and Ground Beef	D-25A	2.56
Taco Salad	E-10	2.49
Beef Shepherd's Pie	D-43	2.43
Beef or Pork Taco	D-13	2.43
Chicken or Turkey Tamale Pie	D-15B	2.40
Toasted Turkey Ham and Cheese Sandwich	F-07A	2.39
Beef or Pork Burrito (Using Canned Meats)	D-12B	2.35
Egg Salad Sandwich	F-03	2.29
Vegetable Chili	D-49	2.26
Beef or Pork Taco (Using Canned Meats)	D-13B	2.23
Meat Balls	D-27A	2.23
Meat Loaf	D-27	2.23
Chicken or Turkey Pot Pie	D-19	2.23
Turkey and Dressing Supreme	D-38	2.21
Ground beef Stroganoff	D-24	2.19
Pizza With Cheese Topping	D-30	2.17
Arroz con Queso	D-48	2.16
Chicken Fajitas	D-40	2.11
Country Fried Steak	D-21	2.11
Cinnamon Rolls	B-08	2.08
Gingerbread	C-23	2.07
Sweet Potato-Prune Bread Squares	B-18	2.05
Chicken Tomato Bake	D-41	2.01
Minestrone	H-07	2.00
Salisbury Steak	D-33	2.00